

**Fall 2011**  
Effective as of Sept. 19th, 2011

(subject to change so check online for most current schedule)

**HOURS OF OPERATION:**

MON-THU 5:15am - 9:30pm  
FRIDAY 5:15am - 8:00pm  
SATURDAY 7:00am - 6:00pm  
SUNDAY 10:00am - 6:00pm

**Phone: 805.541.1100**


































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**STUDIO 1 - GROUP FITNESS SCHEDULE**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:30							
7:30-7:55	ABS		ABS		ABS		
8:00-9:00			CLASSIC HI/LOW		CLASSIC STEP		
8:10-9:10							
9:10-10:10							
9:20-10:20							
10:30-11:30	SCULPT						
11:40-12:40							
12:00-1:00			SCULPT				
2:25-3:25		Triple Threat		ROCK BOTTOM			
3:30-4:30		ROCK BOTTOM	Triple Threat	SCULPT			
4:35-5:35		ROCK BOTTOM			ROCK BOTTOM		
5:45-6:45							
7:00-8:00							

**STUDIO 2 - GROUP FITNESS SCHEDULE**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:15							
6:45-7:30		ALL TERRAIN					
7:10-7:55						ALL TERRAIN	
9:20-10:05							
9:30-10:15		ALL TERRAIN		ALL TERRAIN			
10:30-11:15					ALL TERRAIN		ALL TERRAIN
10:30-11:30			ALL TERRAIN				
4:30-5:15		ALL TERRAIN					
5:45-6:30			ALL TERRAIN	ALL TERRAIN			

**WORKOUT FLOOR - GROUP FITNESS SCHEDULE - 2010**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:15 times a.m.	CIRCUIT CARDIO SCULPT		CIRCUIT CARDIO SCULPT		CIRCUIT CARDIO SCULPT		
8:00-9:00 times a.m.							
9:10-10:10 times a.m.							